



Computer Monitor Height Guidelines

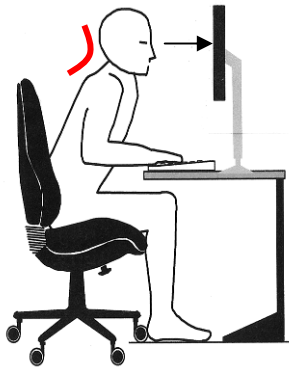
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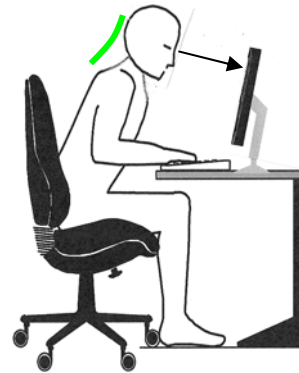
Rule of Thumb

When in doubt, favor lower monitor height:

If you lean forward (many of us do), there is less “kink” in the neck to view the screen (backward bending of the head)



High Screen = Neck Kinked



Low Screen = Neck Straight

For more information, contact the Ergo Team x5818 or ergo@lbl.gov